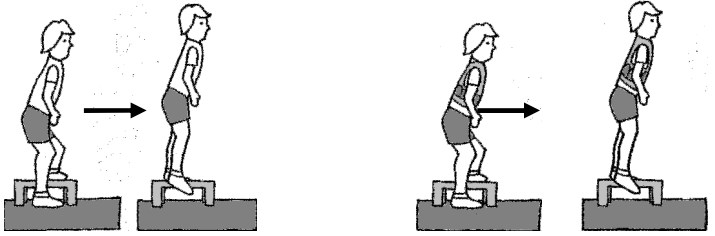


Lateral or forward step up Unilateral exercise (Example: target left leg)	 Lateral Step Up Loaded Lateral Step Up
1 repetition:	1 step up & 1 step down
Initial starting position:	Position: standing at about 10cm besides or in front of the step Hands: on waist / across the chest or alongside body (with assistance: in hands of trainer) Trunk: erect Hips: neutral (as neutral as possible) Left leg: flexed in hip and knee, foot placed on step Right leg: hip and knee extended (as far as possible, full extension is defined as 0°), foot on floor, with heel contact, or as flat on the floor as possible → also see <i>Adaptations</i>
Step:	Height: GMFCS I & II : 40 - 20 cm GMFCS III: 20 - 10 cm
Instructions:	“Step up slowly. Stand still, and step down again slowly. Do not use hands or support (if possible)”
Trainer:	Trainer stands in front of the child. Support may be given for balance.
Strategy:	Step up: place right foot up on the step, next to the left foot. Extend the knees as much as possible. Pause: keep standing with both feet on the step for 1second. Step down: place right foot down on the floor, leave left foot up on the step. Repeat 8 times
Speed:	One step-up per one to two seconds. One step-down per one to two seconds.
Correct trial:	Stepping up and down with good balance, without tripping and without pulling up using the arms of the trainer.
Incorrect trial:	Losing balance. Unable to maintain a standing position for one second on the step. ‘Pulling’ up using arms of trainer.
Adaptations	
Initial starting position:	If the child has contractures or wears a rigid orthosis, heel contact is not possible. This cannot be adapted.